

Laura West Strawser, MA  
Adjunct Faculty – Texas Christian University  
School for Classical & Contemporary Dance  
Department of Theatre  
Fort Worth, TX 76109  
[l.west.strawser@tcu.edu](mailto:l.west.strawser@tcu.edu)  
[www.forthworthclassicapilates.com](http://www.forthworthclassicapilates.com)

---

## CURRICULUM VITAE

### **CURRENT POSITION**

2013-present Adjunct Faculty – Texas Christian University. Fort Worth, TX  
School for Classical & Contemporary Dance – *BFA Program*  
Department of Theatre – *BFA Program*

#### COURSES DEVELOPED AND TAUGHT:

- Pilates I
- Pilates II
- Pilates III
- Pilates IV *Previously also called Bodywork I – IV*
- Pilates Practicum III
- DanceTCU I *Rehearsal Director*
- DanceTCU II *Rehearsal Director*
- Special Topics in Dance – Musical Theatre Dance
- Musical Theatre Dance – Beginning Hip Hop
- Musical Theatre Dance – Intermediate Hip Hop

### **EDUCATION**

#### **ACADEMIC**

2021-2023 MA.in Theatre. Texas Woman's University. Denton, TX. Thesis title: *Altered State: The History, Evolution, & Significance of Dream Ballets in American Musical Theatre.*  
Thesis Advisor: Dr. Noah Lelek  
Areas of emphasis: Musical Theatre History, Choreography history, dance lineage, dream analysis, quantitative statistics qualifying a dream ballet, video sources as archival sources..

1995-1999 BPA in Dance Performance. Oklahoma City University –  
Oklahoma City, OK. Graduated *Cum Laude*

### **PROFESSIONAL AND PRE-PROFESSIONAL THEATRE TRAINING**

1997 Stella Adler Conservatory. New York City.  
10-week Summer Intensive in conjunction with New York University.  
*Course work in Acting Technique, Chekov, Movement Training & Alexander Technique, Voice & Speech, and Improvisation*

2002 – 2005 The School for Film & Television. New York City.  
Classes in *Scene Study I & II, Audition Technique, and Commercial Prep*

2004 – 2005 Actors Connection. New York City/Los Angeles.

2000 Tulsa Repertory Theatre. Tulsa.

## **PILATES TRAINING CERTIFICATES, CERTIFICATIONS, AND CONTINUING EDUCATION**

- 2007 Brooke Siler Pilates Teacher Training Certificate – 700+ comprehensive hours
- 2015 Pilates Method Alliance Teacher Training Summit
- 2016 MeJo Wiggin’s - The Classical Syllabus Advanced Teacher Training Program
- 2018 National Certified Pilates Teacher with National Pilates Certification Program
- 2018 - 2019 Pilates Method Alliance Annual Conference - Attendee

## **ADDITIONAL WORKSHOPS & TRAININGS WITH INDUSTRY LEADERS INCLUDE:**

Mari Winsor, Kathi Ross-Nash, Brooke Siler, Alyssa Wyatt, Dana Santi, Cary Reagan, Chris Robinson, Lori Coleman-Brown, Andrea Maida, Blossom Leilani Crawford, Brett Howard, Sonje Mayo, and Moses Urbano.

## **PROFESSIONAL WORK**

### **PILATES**

- 2009 – *current* Fort Worth Classical Pilates, LLC (formerly New York Authentic Pilates, LLC) – Fort Worth, TX. Studio Owner & Principal Instructor. Boutique Pilates Studio specializing in the Classical Pilates Method focusing Private, Duet, and Trio Sessions.
- 2009 – 2021 Mira Vista Country Club – Fort Worth, TX. Instructor.
- 2007 – 2011 The Pilates & Yoga Training Center – Fort Worth, TX. Instructor.
- 2007 – 2009 The Pilates Center – Fort Worth, TX. Instructor.
- 2007 re:AB Pilates – New York City. Apprentice Instructor
- 2002 – 2007 re:AB Pilates – New York City. Front Desk Specialist

## **ADDITIONAL PILATES PRESENTATIONS**

- 2023 – *current* FWCP Pilates Teacher Training Program - Fort Worth Classical Pilates, Fort Worth, TX. 700+ hour comprehensive teacher training instruction. Cohort 4. Workshops include:
  - Beginner System
  - Beginner / Intermediate System
  - Intermediate System
  - Intermediate / Advanced System
  - Advanced System
- 2022 FWCP Summer Intensive – Fort Worth, TX. Host, Producer, & Presenter – Workshops include:
  - *Not So Basic Beginning*
  - *Props, Accessories, & More*
  - *Functional Feet*
  - *Intermediate Variations*

- 2020 The Texas Classical Pilates Conference – Hilton, Fort Worth, TX.  
Host, Producer, & Presenter – Workshops include
- *Mat Class Instructor*
- Additional Presenters include – *Lori Coleman Brown, Brett Howard, Moses Urbano, Sonje Mayo, Laura West Strawser, Seran Glanfield, Russell Soder, Cathy Barker Strack*
- 2017 The Texas Classical Pilates Conference – Hilton, Fort Worth, TX.  
Host, Producer, & Presenter – Workshops include:
- *Getting Down to Business* (co-Presenter *Dana Santi*)
  - *Smooth Mat Tower*
- Additional presenters include – *Alyssa Wyatt, Chris Robinson, Simona Cipriani, Dana Santi, Dr. Joe Muscolino, Terri Swain, Russell Sodor*
- 2016-2017 FWCP Pilates Teacher Training Program – Fort Worth Classical Pilates, Fort Worth, TX. 700+ hour comprehensive teacher training instruction. Cohort 2.  
Workshops include:
- Beginner System
  - Intermediate System
  - Advanced System
- 2016 The Classical Syllabus III & IV with *Mejo Wiggin* – Fort Worth Classical Pilates, Fort Worth, TX.
- 2015 The Classical Syllabus I & II with *Mejo Wiggin* – Fort Worth Classical Pilates, Fort Worth, TX.
- 2015 The Fort Worth Classical Pilates Conference – Omni, Fort Worth, TX.  
Host & Producer - *Presenters include – Mari Winsor, MeJo Wiggin, Alyssa Wyatt, Chris Robinson, & Chuck Rappaport*
- 2015 In Studio Workshop with *Mari Winsor* – Fort Worth Classical Pilates, Fort Worth, TX.  
Host & Producer
- 2015 Crestwood Garden Club Fitness Workshop – Fort Worth Classical Pilates, Fort Worth, TX. Presenter – *Pilates Basics*
- 2009 Grand Prairie Independent School District Teacher In-Service Workshop – Grand Prairie, TX. Presenter – *Pilates Basics*

## **THEATRE & DANCE - CHOREOGRAPHY**

- 2023 Fort Worth Independent School District – Fort Worth, TX.  
Annual Dance Day Celebration - Guest Teaching Artist, Musical Theatre Dance
- 2021 Rosebud Theatre at Texas Woman’s University – Denton, TX.  
Productions include – *Every Human*
- 2013 – 2017 Theatre Arlington – Arlington, TX.  
Productions include - *RENT* (Best Production Nomination – The Column), *Altar Boyz* (Best Choreography Nomination), *Annie* (Stony Award Winner), *Nunsense*, & *Plaid Tidings*
- 2007 – 2010 Casa Manana – Fort Worth, TX.  
Productions include - *Once on This Island, Footloose, Cinderella, Peter Pan, Miss Nelson is Missing, The Stinky Cheese Man, Rudolf the Red Nosed Reindeer, and Santa Claus is Coming to Town*

- 2010 Arts Council of Coastal Carolina – Hilton Head, SC.  
Productions include *Hello, Dolly!* with original Gower Champion choreography
- 2000 – 2010 West Virginia Public Theatre – Morgantown, WV.  
Productions include: *The Producers, Will Rogers Follies, Singing in the Rain, The Wedding Singer, Funny Girl, Anything Goes, Camelot, Mame, Thoroughly Modern Mille*
- 2006 Granbury Opera House – Granbury, TX.  
Production include - *Radio Gals, Majesty of the Silver Screen, Swinging on a Star*
- 2006 STARS Theatre Company – Bedford, TX.  
Productions include – *Nifty 50's*
- 2003 Windwood Productions – Paris, VA.  
National Tour – *Barry Manilow's Copacabana* (co-choreographer)

### **THEATRE & DANCE – PERFORMANCE**

- 2002 – 2003 Radio City Christmas Spectacular – Nashville, TN., Tampa / Ft. Lauderdale, FL.  
Swing / Ensemble Dancer
- 2003 Casa Manana – Fort Worth, TX.  
Featured Ensemble – *Oklahoma!* performed at Bass Hall.
- 2003 Surflicht Theatre – Beach Haven, NJ.  
*Singin in the Rain* at Trump Plaza, Atlantic City, NJ.  
Swing
- 2003 Windwood Productions – Paris, VA.  
National Tour - *Barry Manilow's Copacabana*  
Ensemble and Dance Captain
- 2001 – 2002 Candlewood Productions – New Fairfield, CT.  
National Tour – *Funny Girl*  
Ensemble and Dance Captain
- 2000 – 2001 West Virginia Public Theatre – Morgantown, WV  
Productions include – *Anything Goes, Camelot, South Pacific, Gypsy, Annie, Carousel, West Side Story (Featured Dancer)*
- 2000 – 2001 Mainstage Theatricals – St. Louis, MO.  
National Tours – *Hello, Dolly!, Crazy For You*  
Ensemble and Dance Captain
- 1998 – 1999 Galveston Island Outdoor Musicals – Galveston, TX.  
Productions include - *Cinderella, Grease, Hello, Dolly!, Anything Goes, Will Rogers Follies, Mame, State Fair*

### **MEMBERSHIPS AND PROFESSIONAL AFFILIATIONS**

- 2015 – *Current* Pilatesology.com
- 2016 – *Current* Pilates Method Alliance Member
- 2016 – *Current* National Pilates Certified Teacher
- 2015 – 2018 Authentic Pilates Union Member, *Board of Directors 2017-2018*
- 2015 GRATZ Pilates Feature Studio Owner
- 2003 – 2007 Actor's Equity Association